

Individual State Champions

<u>Year</u>	<u>Sport</u>	<u>Event</u>	<u>Medalist</u>	<u>Team/Area</u>
Cross Country				
2011		Girls	<i>Mary Frith</i>	Asheville
		Boys	<i>Dainel Shirley</i>	Forsyth
2012		Girls	<i>Leslie Woodley</i>	Forsyth
		Boys	<i>Andrew Robinson</i>	Asheville
2013		Girls	<i>Nan Gordon</i>	Forsyth
		Boys	<i>James Dorris</i>	Asheville
2014		Varsity Girls	<i>Leslie Woodley</i>	Forsyth
		Varsity Boys	<i>James Dorris</i>	Asheville
		Middle School Girls	<i>Anna Bevis</i>	High Point
		Middle School Boys	<i>Ian Jenkins</i>	Forsyth
2015		Varsity Girls	<i>Anna Hamilton</i>	Forsyth
		Varsity Boys	<i>James Dorris</i>	Asheville
		Middle School Girls	<i>Anna Bevis</i>	High Point
		Middle School Boys	<i>Thomas Teeters</i>	Wilmington
2016		Varsity Girls	<i>Anna Bevis</i>	High Point
		Varsity Boys	<i>Elijah Overman</i>	Chatham
		Middle School Girls	<i>Taylor White</i>	Forsyth
		Middle School Boys	<i>Jedaiah Ruhl</i>	Cary
2017		Varsity Girls	<i>Anna Hamilton</i>	Forsyth
		Varsity Boys	<i>William Hamilton</i>	Forsyth
		Middle School Girls	<i>Taylor White</i>	Forsyth
		Middle School Boys	<i>Wilford Hester</i>	Cary

2018	Varsity Girls	<i>Madeline Wells</i>	Cary	
	Varsity Boys	<i>William Hamilton</i>	Forsyth	
	Middle School Girls	<i>Courtney Butts</i>	Cabarrus	
	Middle School Boys	<i>Jordan Butts</i>	Cabarrus	
2019	Varsity Girls	<i>Bethany Pace</i>	Greensboro	
	Varsity Boys	<i>William Hamilton</i>	Forsyth	
	Middle School Girls	<i>Katie Paulakonis</i>	Chapel Hill	
	Middle School Boys	<i>Jordan Butts</i>	Cabarrus	
Fencing				
2015	Girls	<i>Allison Brown</i>	Oak Ridge	
	Boys	<i>Josh Clark</i>	Surry	
2016	Individual	<i>Allison Brown</i>	Oak Ridge	
2017	Girls	<i>Catherine Pannell</i>	Twin City	
	Boys	<i>Chase Hill</i>	Oak Ridge	
2018	Individual	<i>Philip Nazzaro</i>	Wilmington	
2019	Individual	<i>Keenan Walsh</i>	Twin City	
Golf				
2011	Boys - High School	<i>Tanner Gross</i>	Alamance	
2012	Boys - High School	<i>Michael Hocker</i>	Alamance	
	Boys - Middle School	<i>Max Calilung</i>	High Point	
Swimming				
2012	Girls - 200 Freestyle	<i>Claudia Aiello</i>	Asheville	
	Boys - 200 Freestyle	<i>Drake Moretz</i>	Asheville	
	Girls - 200 IM	<i>JoJo Williams</i>	Forsyth	

	Boys - 200 IM	<i>Bill Young</i>	Asheville	
	Girls - 50 Freestyle	<i>Morgan Nash</i>	Wilkesboro	
	Boys - 50 Freestyle	<i>Preston Rodeniser</i>	Fuquay-Varina	
	Girls - 100 Butterfly	<i>Morgan Nash</i>	Wilkesboro	
	Boys - 100 Butterfly	<i>Preston Rodeniser</i>	Fuquay-Varina	
	Girls - 100 Freestyle	<i>Meredith Payne</i>	Asheville	
	Boys - 100 Freestyle	<i>Preston Rodeniser</i>	Fuquay-Varina	
	Girls - 500 Freestyle	<i>JoJo Williams</i>	Forsyth	
	Boys - 500 Freestyle	<i>Michael Williams</i>	Asheville	
	Girls - 100 Backstroke	<i>Indya Moretz</i>	Asheville	
	Boys - 100 Backstroke	<i>Preston Rodeniser</i>	Fuquay-Varina	
	Girls - 100 Breaststroke	<i>Duquid Jasmine</i>	Huntersville	
	Boys - 100 Breaststroke	<i>Bill Young</i>	Asheville	
2013	Girls - 200 Freestyle	<i>Emma Dodson</i>	Raleigh	
	Boys - 200 Freestyle	<i>Zachary Key</i>	Lenoir	
	Girls - 200 IM	<i>Laura Schnoor</i>	Raleigh	
	Boys - 200 IM	<i>Johnathan Hager</i>	Raleigh	
	Girls - 50 Freestyle	<i>Anna Grace Clark</i>	Raleigh	
	Boys - 50 Freestyle	<i>David Hargett</i>	Raleigh	
	Girls - 100 Butterfly	<i>Ariel Wallace</i>	Asheville	
	Boys - 100 Butterfly	<i>Michael Williams</i>	Asheville	
	Girls - 100 Freestyle	<i>Ariel Wallace</i>	Asheville	
	Boys - 100 Freestyle	<i>Zachary Key</i>	Lenoir	
	Girls - 500 Freestyle	<i>Emma Dodson</i>	Raleigh	
	Boys - 500 Freestyle	<i>Michael Williams</i>	Asheville	
	Girls - 100 Backstroke	<i>Indya Moretz</i>	Asheville	
	Boys - 100 Backstroke	<i>Will Basden</i>	Raleigh	
	Girls - 100 Breaststroke	<i>Lili Fernandez</i>	Raleigh	
	Boys - 100 Breaststroke	<i>Johnathan Hager</i>	Raleigh	
2014	Girls - 200 Freestyle	<i>Kryisia Goodwin</i>	Huntersville	
	Boys - 200 Freestyle	<i>Drake Moretz</i>	Asheville	
	Girls - 200 IM	<i>Cape Murch-Elliot</i>	Weddington	

	Boys - 200 IM	<i>Ben Slate</i>	Forsyth	
	Girls - 50 Freestyle	<i>Ariel Wallace</i>	Asheville	
	Boys - 50 Freestyle	<i>Moses Alley</i>	Asheville	
	Girls - 100 Butterfly	<i>Ashleigh Lechner</i>	Asheville	
	Boys - 100 Butterfly	<i>Zachary Key</i>	Lenoir	
	Girls - 100 Freestyle	<i>Ariel Wallace</i>	Asheville	
	Boys - 100 Freestyle	<i>Zachary Key</i>	Lenoir	
	Girls - 500 Freestyle	<i>Caroline Veater</i>	Asheville	
	Boys - 500 Freestyle	<i>Michael Williams</i>	Asheville	
	Girls - 100 Backstroke	<i>Indya Moretz</i>	Asheville	
	Boys - 100 Backstroke	<i>Michael Williams</i>	Asheville	
	Girls - 100 Breaststroke	<i>Cape Murch-Elliot</i>	Weddington	
	Boys - 100 Breaststroke	<i>Ben Slate</i>	Forsyth	
2015	No Meet			
2016	Girls - 200 Freestyle	<i>Tianna Knight</i>	Guilford	
	Boys - 200 Freestyle	<i>Aaron Bowman</i>	High Point	
	Girls - 200 IM	<i>Sally Burkley</i>	Sea Lions	
	Boys - 200 IM	<i>Jared Schwandt</i>	High Point	
	Girls - 50 Freestyle	<i>Hannah Teeters</i>	Wilmington	
	Boys - 50 Freestyle	<i>Ty Hutchins</i>	Forsyth	
	Girls - 100 Butterfly	<i>Addie Slate</i>	Forsyth	
	Boys - 100 Butterfly	<i>Ben Slate</i>	Forsyth	
	Girls - 100 Freestyle	<i>Lauraleigh Guthrie</i>	Forsyth	
	Boys - 100 Freestyle	<i>Aaron Bowman</i>	High Point	
	Girls - 500 Freestyle	<i>Lauren Boone</i>	Forsyth	
	Boys - 500 Freestyle	<i>Jared Schwandt</i>	High Point	
	Girls - 100 Backstroke	<i>Hannah Teeters</i>	Wilmington	
	Boys - 100 Backstroke	<i>Harrison Loew</i>	Asheville	
	Girls - 100 Breaststroke	<i>Sally Burkley</i>	Sea Lions	
	Boys - 100 Breaststroke	<i>Ben Slate</i>	Forsyth	
2017	Girls - 200 Freestyle	<i>Caitlin Hefner</i>	Hickory	

	Boys - 200 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 200 IM	<i>Kathryn Budd</i>	Forsyth	
	Boys - 200 IM	<i>Trey Stroud</i>	Goldsboro	
	Girls - 50 Freestyle	<i>Hannah Teeters</i>	Wilmington	
	Boys - 50 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 100 Butterfly	<i>Ruth Hulette</i>	Hickory	
	Boys - 100 Butterfly	<i>Jonathan (Jack) Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Lily Carpenter</i>	Forsyth	
	Boys - 100 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 500 Freestyle	<i>Ruth Hulette</i>	Hickory	
	Boys - 500 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 100 Backstroke	<i>Hannah Teeters</i>	Wilmington	
	Boys - 100 Backstroke	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 100 Breaststroke	<i>Anna Wisniewski</i>	Goldsboro	
	Boys - 100 Breaststroke	<i>Jonathan (Jack) Wisniewski</i>	Goldsboro	
2018	Girls - 200 Freestyle	<i>Faith Hefner</i>	Hickory	
	Boys - 200 Freestyle	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 200 IM	<i>Kayleigh Forbes</i>	Carteret-Craven	
	Boys - 200 IM	<i>Thomas Teeters</i>	Wilmington	
	Girls - 50 Freestyle	<i>Ava Lajoie</i>	Carteret-Craven	
	Boys - 50 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 100 Butterfly	<i>Caitlin Hefner</i>	Hickory	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Faith Hefner</i>	Hickory	
	Boys - 100 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 500 Freestyle	<i>Caitlin Hefner</i>	Hickory	
	Boys - 500 Freestyle	<i>Stephen Gaudette</i>	Chapel Hill	
	Girls - 100 Backstroke	<i>Addy Quinn</i>	Carteret-Craven	
	Boys - 100 Backstroke	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 100 Breaststroke	<i>Ava Lajoie</i>	Carteret-Craven	
	Boys - 100 Breaststroke	<i>Jack Wisniewski</i>	Goldsboro	
2019	Girls - 200 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	

	Boys - 200 Freestyle	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 200 IM	<i>Ava Lajoie</i>	New Bern	
	Boys - 200 IM	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 50 Freestyle	<i>Madison Claudy</i>	Southwest Charlotte	
	Boys - 50 Freestyle	<i>Isaac Roberts</i>	Asheville	
	Girls - 100 Butterfly	<i>Hunter Widener</i>	Goldsboro	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Maria Davison</i>	Cramerton	
	Boys - 100 Freestyle	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 500 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 500 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 100 Backstroke	<i>Caroline Vincent</i>	Southwest Charlotte	
	Boys - 100 Backstroke	<i>Kenneth Davison</i>	Cramerton	
	Girls - 100 Breaststroke	<i>Ava Lajoie</i>	New Bern	
	Boys - 100 Breaststroke	<i>Noah Rowland</i>	Wilmington	
2020	Girls - 200 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 200 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 200 IM	<i>Ellie Hall</i>	Forsyth	
	Boys - 200 IM	<i>Aaron Stralow Jr.</i>	Southwest Charlotte	
	Girls - 50 Freestyle	<i>Sarah Edwards</i>	Asheville	
	Boys - 50 Freestyle	<i>JP Moon</i>	Moore	
	Girls - 100 Butterfly	<i>Sarah Edwards</i>	Asheville	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Hope Austin</i>	Forsyth	
	Boys - 100 Freestyle	<i>Stephen Gaudette</i>	Chapel Hill	
	Girls - 500 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 500 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 100 Backstroke	<i>Macarthy Monteith</i>	Gastonia	
	Boys - 100 Backstroke	<i>Stephen Gaudette</i>	Chapel Hill	
	Girls - 100 Breaststroke	<i>Sarah Hicks</i>	Moore	
	Boys - 100 Breaststroke	<i>Jackson Hicks</i>	Moore	